# 2020 BOW Workshop

**FRIDAY, MAY 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>10:00 AM</td>
<td>Check-in</td>
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<tr>
<td>11:30 AM</td>
<td>Welcome / Overview</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch</td>
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</tbody>
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**1:30-5:00 PM  SESSION 1**

- Introduction to Firearms
- BOW Mentored Turkey Hunt
- Intro to Fishing
- Forest Therapy
- Canning
- Outdoor Photography
- Low Ropes Course

**6:00-8:00 PM  Wild Game & Wine**

with Summerset Winery at Annett Nature Center

Sponsors: Milo Locker, Summerset Winery and National Wild Turkey Federation.

**SATURDAY, MAY 2**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Breakfast</td>
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<tr>
<td>8:30AM-12:00 PM  SESSION 2</td>
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<tr>
<td>▪ Modern Sporting Arms</td>
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<tr>
<td>▪ BOW Mentored Turkey Hunt</td>
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<tr>
<td>▪ Intro to Archery</td>
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<tr>
<td>▪ After the Harvest: Turkey, Elk and Deer</td>
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<td>▪ Kayaking Basics</td>
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<td>▪ Bird Watching</td>
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<td>▪ Overland Camping</td>
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<td>▪ Orienteering</td>
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<tr>
<td>12:00 PM</td>
<td>Lunch</td>
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**1:30-5:00 PM  SESSION 3**

- Pistol Basics
- BOW Mentored Turkey Hunt
- Foraged Flavors
- Kayaking Basics
- Dutch Oven Cooking
- Explore Bowfishing
- Camping

**6:30 PM**  Dinner

**7:30 PM**  Gourmet S’mores and Stargazing

**SUNDAY, MAY 3**

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>7:00 AM</td>
<td>Breakfast / Check-out</td>
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<tr>
<td>8:30AM-12:00 PM  SESSION 4</td>
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<tr>
<td>▪ Explore Bowhunting</td>
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<tr>
<td>▪ BOW Mentored Turkey Hunt</td>
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<tr>
<td>▪ Edible Container Landscaping</td>
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<td>▪ Kayak Fishing</td>
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<tr>
<td>▪ After the Harvest: Fish, Small Game and Waterfowl</td>
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<tr>
<td>▪ Backpacking &amp; Hiking</td>
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**12:00 PM**  Closing Remarks & Departure
Lodging will be at Wesley Woods Camp & Retreat Center. Look for signs upon arrival directing you to registration in the Chapel, located in Methaqua Lodge, the main lodge at Wesley Woods. Meals will be served in Methaqua Lodge and sessions will be located throughout the facility. Lodging will be shared, bunk-style rooms in New Life Lodge, Timber Lodge, Asbury Inn, Wesley Inn, and Otterbein Inn. Participants will need to bring their own linens for a twin bed.

Each session indicates level of difficulty - low, moderate or strenuous and if the session will be indoors or outdoors.

Friday, May 1st - **Wild Game and Wine with Summerset Winery** at Annett Nature Center. Sponsored by Milo Locker, Summerset Winery and National Wild Turkey Federation.

Saturday, May 2nd - **Gourmet S’mores and Stargazing**
Workshop Logistics

Wesley Woods Camp Map

- Blue Heron Bay Site
- South Pasture
- Homestead site (covered wagons)
- Squaw Creek
- Pioneer 3 Site (tents)
- Pioneer 1 Site (yurts)
- Stormy Heights High Ropes Course
- Hillcrest
- Sunset
- Sunset Chapel
- Buxton Lodge
- Hickory

- Lake Ahquabi
- Broken Arrow Pond
- White Cross Pasture
- Tipi Site
- Archery Range
- Gaga Ball Shelter
- Stormy Hollow Low Ropes Course

- Ranch House
- Farm Barn
- Whispering Oaks Chapel

- Barnum Equestrian Center
- Lucy’s Pond
- Horseshoe Pond

- Snug harbor Boat Dock
- Maintenance
- Staff Residence/Office (in basement)

- Methaqua Lodge
- Asbury Lodge
- Timber Lodge
- Beacon
- North Shower House
- Oak
- Crestwood
- New Life Lodge
- Westview

- Main Parking Lot
- METHAQUA LODGE: Chapel, Pine Room, West Dining Room, Activity Center, Otterbein Inn, Wesley Inn

- Staff Residence
- N
- E
- S
- W
Class Descriptions

AFTER THE HARVEST: DEER, ELK AND TURKEY

Low - Indoor/Outdoor
Iowa’s wild game is some of the healthiest and most nutritious meat for the table. Learn to make the most of your harvest with proper preparation and tasty recipes. Bring a hungry appetite and a willingness to try cleaning game yourself! This session will utilize grinders and dehydrators to grind meat, make jerky, and other preservation techniques like brining, smoking, and curing.

AFTER THE HARVEST: FISH, SMALL GAME AND WATERFOWL

Low - Indoor/Outdoor
Iowa’s wild game and fish are some of the healthiest and most nutritious meat for the table. Learn to make the most of your harvest with proper preparation and tasty recipes. Participants will have an opportunity to clean fish, pheasant and a duck. Bring a hungry appetite and a willingness to learn!

BACKPACKING & HIKING

Moderate - Indoor/Outdoor
Take the mystery out of backpacking in Iowa and the Midwest with an overview of planning, preparation and gear. Along with local information, learn how to choose a pack, select proper clothing and footwear. Plus, we’ll give you important notes on trail etiquette and Leave No Trace principals. Wear comfortable clothing and boots or tennis shoes that can get muddy as we explore the area.

BIRD WATCHING

Low - Indoor/Outdoor
Become an adept birder by learning bird-spotting techniques, bird call identification, and the habits and habitats of these winged creatures. Put your skills to work as you hike around the area. Learn about other critters and “reading” nature signs along the way.

CAMPING

Low - Outdoor
We’ll make you a “happy camper.” Learn about the equipment it takes to keep you safe and sound on your adventures outdoors. We’ll discuss shelters, sleeping bags and pads, stoves, lighting of all varieties, trip planning, basic necessities and some of our favorite creature comforts on the market. No matter what your experience level, you’ll be certain to pick up new ideas from instructors and fellow participants, while sharing your thoughts with others.

CANNING & PRESERVING

Low - Indoor
Have you always wanted to learn how to can food, but didn’t know where to start? Come ready to learn about general canning and preserving. You will learn how to get started, what equipment is needed, what vegetables and meats can be preserved, and the various methods of canning - water bath, steam and pressure canning. Bring an appetite and be ready to make and try delicious items from the garden and field.
**Class Descriptions**

**EXPLORE BOWFISHING**

*Moderate - Indoor/Outdoor*

Enjoy shooting archery but not sure how to take it to the next step? Learn to safely shoot a bow fishing rig, basic bow fishing regulations, and how to identify target species. Participants will learn to assemble and shoot a bow fishing rig using a variety of practice targets.

**FORUM THERAPY**

*Low - Outdoor*

Immerse yourself in nature and experience the benefits of being fully present in the medicine of the forest. This gentle three and a half hour forest therapy walk offers a rich experience in nature that can improve mood and provide relaxation. Shinrin-yoku (forest therapy) offers researched-based health benefits such as lowered blood pressure, decreased anxiety, and improved cognitive functioning. This event will be lead by certified guides with the Association of Nature & Forest Therapy.

**DUTCH OVEN COOKING**

*Low - Outdoor*

The versatility of a Dutch oven will amaze you. See how easy it is to prepare crowd-pleasing meals around the campfire. This session will cover how to choose your cookware, prepare your kitchen and how to cook with the Dutch oven and coals. Recipes will be shared and everyone will get a chance to help prepare and cook, while sampling a variety of dishes... even desserts. Participants will cook dinner and desserts for everyone on Saturday!

**EXPLORE BOWHUNTING**

*Moderate - Indoor/Outdoor*

Enjoy shooting archery, but not sure how to take it to the next step? Participants will be introduced to the terminology and techniques used in bowhunting, which include equipment, blood trailing, wildlife anatomy, rules and regulations. We will also practice distance estimation. Bowhunting opportunities will be explored. Bows will be provided, if you have your favorite bow feel free to bring it. The instructor will inspect bows prior to the class. Field points only.

**INTRO TO ARCHERY**

*Low to Moderate - Indoor/Outdoor*

This session gives participants a comprehensive overview of the sport of archery. It is intended for students who have no archery experience to start building a good foundation for shooting. You will be taught how to safely use basic archery equipment while utilizing the “Eleven Steps to Archery Success.” This is a fun, hands-on experience with all equipment provided. We will shoot outdoors unless the weather keeps us indoors.

**EDIBLE CONTAINER LANDSCAPING**

*Low - Indoor/Outdoor*

Have you thought about gardening, but don’t think you have the time, talent or space? Come ready to learn about growing food in containers, or even your flower garden! We will create a basic container garden and discuss options for growing herbs, root vegetables, tomatoes and other flowering plants in small spaces. Bring your questions and imagination for creating your own low maintenance mini garden.

**FORAGED FLAVORS**

*Low - Indoor/Outdoor*

There is an entire grocery store of delicious, local, wild foods just waiting outside your backdoor! This hands-on class focuses on how to identify key features of wild edible plants, knowing when and what to sustainably harvest and how to prepare wild foods. Flowers, greens, roots, and shoots are just a few of the things that will be on the menu! Come ready to help dig, cut, cook, and most importantly – eat!

**INTRODUCTION TO FIREARMS**

*Low - Indoor/Outdoor*

Learn about guns and safe firearms handling in this hands-on class. Participants will become comfortable around firearms in a information-packed, upbeat session includes different types of firearms, how to load and unload them, ammunition types, definitions of commonly used terms, and the four basic rules of firearm safety. We will spend time in the classroom and on the range shooting, so dress accordingly. All firearms will be provided.
**Class Descriptions**

**INTRO TO FISHING**

**Low - Indoor/Outdoor**
Fishing is a great way for families to spend time together outdoors! Get an introduction to basic fishing equipment, fish identification, and fish habitats. Then head outside to practice casting techniques, before heading to Horseshoe Pond to see how the fish are biting. Bring clothing for both indoors and outdoors - rain or shine. Participants will practice catch and release on the pond.

*An Iowa fishing license is required for this session.*

**KAYAK FISHING**

**Moderate to Strenuous - Outdoor**
Always wanted to go kayak fishing, but didn’t know where to start? Participants will refresh their kayak safety knowledge as well as parts of the kayak before fishing is introduced to the mix. CanoeSport Outfitters will supply the kayaks, paddles and PFDs so participants can get on the water to discover Lake Ahquabi’s abundant fish habitat.

*An Iowa fishing license is required for this session.*

**MENTORED TURKEY HUNT**

**Moderate to Strenuous - Indoor/Outdoor**
Cut out the grocery store and try to harvest your own wild turkey! Join us on a mentored turkey hunt experience! This is for [Iowa residents only](#) and will run all four sessions of BOW.

On Friday, participants will be introduced to the basics of turkey hunting including turkey habitat, hunting techniques and equipment, turkey calling, and scouting techniques. Participants will then pattern their shotgun so they’re ready for the hunt on Saturday and Sunday. Firearms and ammunition will be provided as needed. Participants will be paired up with knowledgeable volunteers who will assist them with the hunt. The group will have dinner together on Friday night, so folks can get to know each other as well as make plans for the rest of the weekend.

Saturday and Sunday’s sessions may start early or run late, depending on what each mentor and mentee decides. When you’re not in the timber, participants will learn how to field dress turkeys as well as different culinary approaches to this favored bird. Additional details will be provided prior to the hunt.

*A hunting license, habitat stamp, and Season 4 turkey tag are required.*

**KAYAKING BASICS**

**Moderate to Strenuous - Outdoor**
Iowa State University’s Outdoor Recreation Program will teach participants the basics of water safety, equipment, how to enter and exit the kayak, paddle strokes and other maneuvers. Participants will practice kayaking skills on Lake Ahquabi, so dress for the weather! Snow hats and gloves have been worn in the past. Kayaks, paddles and life jackets will be provided.

**LOW CHALLENGE COURSE**

**Low to Moderate - Outdoor**
Join Wesley Woods Camp & Retreat Center staff on the Low Challenge Course. The course is a series of elements that are meant to challenge participants to think outside the box, communicate with team members, and build trust.

**MODERN SPORTING ARMS**

**Low - Outdoor**
Rifles, muzzleloaders, and shotguns will be the focus of this session. Learn how to safely handle, load, and shoot these firearms. Learn marksmanship, shooting techniques, and proper storage. All firearms and safety equipment will be provided.

*Must attend Intro to Firearms or have completed hunter education.*
PISTOL BASICS

Low - Outdoor
Join us on the range to learn about different types of handguns, their uses and other equipment needs. Additionally, we’ll discuss safe handling, use and storage of handguns. We’ll spend most of the session outside on the range, so please dress accordingly. We will be shooting .22 caliber pistols and 9 mm pistols. Firearms and ammunition will be provided.

Must attend Intro to Firearms or have completed hunter education.

OVERLAND CAMPING

Low - Outdoor
Start your next adventure. See remote areas and camp along the way. The journey is part of the adventure. Learn how to car camp or overland like a pro. Participants will learn about campsite selection, fire safety, outdoor cooking techniques, and packing your vehicle for such a trip. Cowboy coffee

WILD GAME & FISH PREP AND COOKING

Low - Indoor/Outdoor
Iowa’s wild game and fish are some of the healthiest and most nutritious meat for the table. Learn to make the most of your harvest with proper preparation and tasty recipes. Bring a hungry appetite and a willingness to try cleaning game and fish yourself!

ORIENTEERING

Moderate - Outdoor
A map and compass can keep you from being lost, if you know how to use it. This session will teach you basic navigation skills using map and compass to find your way. You’ll learn the parts of a compass, how to read a topographic map and how to use them in tandem. Participants will then use their new knowledge to complete an orienteering course. Map and compasses are provided, but bring your own if you prefer.

OUTDOOR PHOTOGRAPHY

Low - Indoor/Outdoor
We will aspire to take wonderfully, composed, in-focus images, including beautiful macro images (close-ups of flowers, small critters, etc.) by the end of the class. Participants should bring a digital point-and-shoot or digital SLR camera and the user manual. We will go outside and practice our new skills, as well as discuss some of the “technical” aspects of photography.
The goal of the Becoming an Outdoors-Woman (BOW) scholarship program is to broaden participation in the 2020 weekend workshop to women 18 years old and older who would be unable to attend without financial assistance. BOW encourages anyone to apply for a scholarship. However, preference will be given to first-time attendees and those promoting diversity in outdoors education across the state through their community affiliations, culture, region, and/or profession.

1. Scholarships cover $130, which is half of the full registration fee. Scholarships will not be awarded for applications scored below 30 points (see Scholarship Scoring rubric on next page).

2. Applications must be received by March 6, 2020. Scholarship applicants need to register online, pay their $150 registration fee, and email or mail the scholarship application to:

   IHEIA-BOW
   PO Box 854, Des Moines, IA 50304
   rachel.alliss@dnr.iowa.gov

3. Scholarship recipients will be expected to write an article about your BOW experience, which may be published in DNR newsletters and in BOW promotional materials.

4. **BOW scholarship winners will be notified by April 1, 2020.**

   Any questions or concerns, please contact:
   Rachel Alliss, 515-729-6037
   rachel.alliss@dnr.iowa.gov

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<tr>
<th>First Name</th>
<th>Last Name</th>
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Are you a first-time attendee?  Yes _____  No _____

Mailing Address

City /State/Zip

Cell phone:

Email:

In a separate document, please include the following (maximum of 250 words):

1. Explain why you are seeking scholarship assistance.
2. Briefly describe your interests and participation in outdoors recreation.
3. How will you use the knowledge you expect to gain at this conference in your real world setting?
4. How will your participation in the conference help promote BOW’s goal of helping women develop hunting, fishing, boating and other outdoor recreation skills?

By signing below, you confirm that the information submitted is accurate, and without financial assistance, you would be unable to attend the 2020 Spring BOW workshop.

Applicant Signature ___________________________________________  Date ___________________
Guidelines used by Scholarship Judging Committee:

<table>
<thead>
<tr>
<th>Application Review</th>
<th>Maximum Points</th>
<th>Judge 1 score</th>
<th>Judge 2 score</th>
<th>Judge 3 score</th>
<th>Average Score</th>
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<tr>
<td>First time BOW attendee?</td>
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<td><strong>NARRATIVE</strong>: (30 pts max)</td>
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<td>Financial need:</td>
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<td>Interests/responsibilities:</td>
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<td>Real world application:</td>
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<td><strong>DIVERSITY</strong>: (20 pts max)</td>
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<td>Community affiliations:</td>
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<td>Culture:</td>
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<td>Region (country, state):</td>
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<td>Profession:</td>
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<td><strong>OTHER CONSIDERATIONS</strong>: (extra credit)</td>
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**TOTAL:** 65 max pts
PLEASE READ!

Upon receipt of your registration and payment, you will be sent a confirmation email securing your spot at the event. Please send your completed medical history questionnaire by April 15, 2020 via email to rachel.alliss@dnr.iowa.gov or by mail to Iowa DNR, Attn: Rachel Alliss, 502 East 9th St, Des Moines, IA 50319.

CANCELLATIONS: Deadline April 1, 2020
Before April 1, 2020, you will receive a refund, minus a $25 processing fee. After April 1, 2020, refunds will not be available. You may send a substitute.

SCHOLARSHIPS:
Limited funds are available for scholarships to first-time participants. Scholarship applicants pay $150 at the time of registration and submit the Scholarship Application.
• Scholarship applications must be received by March 6, 2020
• Recipients will be notified by April 1, 2020

PARTICIPANT INFORMATION:
Name: ____________________________
Email: ____________________________ Cell: ____________________________
Address: __________________________
City/State/Zip: ______________________

Tshirt Size: □ XS □ S □ M □ L □ XL □ 2XL □ 3XL

Have you attended BOW before? ______ If yes, how many times? ______________

Dietary constraints or other special needs, please email: rachel.alliss@dnr.iowa.gov

CHOOSE ONE OPTION PER SESSION:

SESSION 1
□ Intro to Firearms
□ BOW Mentored Turkey Hunt**
□ Intro to Fishing**
□ Forest Therapy
□ Canning and Preserving
□ Outdoor Photography
□ Low Ropes Course

SESSION 2
□ Modern Sporting Arms*
□ BOW Mentored Turkey Hunt**
□ Intro to Archery
□ After the Harvest: Turkey, Elk and Deer
□ Kayaking Basics
□ Bird Watching
□ Overland Camping
□ Orienteering

SESSION 3
□ Pistol Basics*
□ BOW Mentored Turkey Hunt**
□ Foraged Flavors
□ Kayaking Basics
□ Dutch Oven Cooking
□ Explore Bowfishing
□ Camping

SESSION 4
□ Explore Bowhunting
□ BOW Mentored Turkey Hunt**
□ Edible Container Landscaping
□ Foraged Flavors
□ Kayak Fishing**
□ After the Harvest: Fish, Small Game and Waterfowl
□ Backpacking & Hiking

* sessions have prerequisite double
** sessions have license requirements

ONLINE REGISTRATION

ALL REGISTRATIONS WILL BE ONLINE. This registration page is designed to assist you with online registration.

Online Registration link

Questions? Call: 515-729-6037 or Email: rachel.alliss@dnr.iowa.gov

WORKSHOP FEES

FEE INCLUDES:
• Instruction for all sessions
• Program materials
• Use of demonstration equipment
• Meals & lodging options

NOTE: After April 1, 2020 registration will not include lodging.

REGISTRATION RATES

Rates BEFORE April 1, 2020:
□ $280 Registration
□ $150 Scholarship Applicant
□ $250 No Lodging Option

Rate AFTER April 1, 2020:
□ $300 LATE Registration/No Lodging

Roommate(s): List preferred roommate(s). If you list no names, please note early bird or night owl so you can be paired with other participants.
Medical Form

Name: ___________________________ Date of Birth: ___________________________

Physician: ___________________________ Phone Number: ___________________________

☐ Yes ☐ No Are you allergic to any medication (aspirin, penicillin, etc.)? List:

☐ Yes ☐ No Do you take any medication? List with reason: ____________________________

☐ Yes ☐ No Have you ever been told by a doctor that you have epilepsy? When?

☐ Yes ☐ No Have you had recent surgical operations, accidents or injuries? When/What?

☐ Yes ☐ No Have you been “knocked out” unconscious, had a concussion or head injury? When?

☐ Yes ☐ No Are you pregnant?

Do you wear: ☐ Glasses or ☐ Contact Lenses?

Date of last tetanus immunization: ___________________________

Please check any of the following medical conditions you have had within the last 5 years:

☐ Asthma ☐ Heart Disease

☐ Diabetes ☐ High Blood Pressure

☐ Fainting Spells ☐ Seizures

☐ Hay fever or allergies (especially to bees, ants, etc.)

Do you have any medical training?

☐ Doctor ☐ Nurse ☐ Emergency Medical Technician ☐ Other: ___________________________

Name and phone number(s) of person to contact in case of emergency:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Is there anything else about your health you would like us to know in case of an emergency?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
What to Bring

NECESSITIES

• **SHOES**: Sturdy shoes are a must.

• **WEATHER APPROPRIATE**: Rain gear and cold-weather clothing are necessities, as classes will be held regardless of weather. This is Iowa and it’s hard to predict what we will have for temperatures.

• **FREE TIME ITEMS**: You will have free time to relax and explore Wesley Woods Camp & Retreat Center property and its amenities. There are hiking trails on property to explore and Lake Ahquabi State Park is 10 minutes away.

• **SKINCARE**: Sunscreen and bug spray – it’s that time of year.

• **AN OPEN MIND**: Bring a creative spirit and a willingness to learn and try new things. It will be an awesome weekend!

SESSION EQUIPMENT

• **DO NOT BRING ANY FIREARMS WITH YOU.** We will supply all firearms and ammunition for these classes:
  1) Introduction to Firearms
  2) Modern Sporting Arms
  3) Pistol Basics

• **IOWA FISHING AND/OR HUNTING LICENSE** Please purchase a fishing or hunting license BEFORE coming to the workshop. Besides annual fishing licenses, there are 1-day, 3-day and 7-day options available. Licenses can be purchased online at gooutdoorsiowa.com or at retailers. If you have any issues, please let us know. A valid Iowa license is required for these classes:
  1) Intro to Fishing
  2) Kayak Fishing
  3) Talking Turkey Hunt (**Hunting & Habitat Combo and Season 4 Spring Turkey license**)

BOWTIQUE

• **Friends of BOW** will sponsor the BOWtique where you can find all your BOW inspired apparel and gear. All proceeds will go to support the BOW program and BOW scholarships. Please pay with cash, check, or credit card for any purchases. BOWtique times will be posted at the event.

SILENT AUCTION

• **Friends of BOW** will sponsor a Silent Auction on Saturday (**details next page**). We’re asking each participant to bring something to donate to the auction. All proceeds will go to support the BOW program. Please pay with cash, check, or credit card for any purchases.
At each of our workshops, **Friends of BOW** holds a silent *(and sometimes not-so-silent)* auction to help us cover workshop costs and attendance scholarships. It’s a lot of fun and we get to send participants home with some wonderful things. We are asking each participant to donate something to the auction. It doesn’t have to be anything big — but we won’t complain if it is! It doesn’t even have to be anything new. Just bring something, if you can.

Below are some general guidelines and ideas, but don’t let these stifle your creativity!

**OUTDOOR THEME:** but doesn’t have to be outdoor equipment. For example, it could be a really cool rock, a lamp made of natural materials, an art print or a pair of hummingbird earrings. Of course, you’re always welcome to bring a tent or a kayak. *(We try to be optimistic!)*

**NEW OR USED:** as long as it is in good condition. For example, if you have a piece of outdoor equipment you’re no longer planning to use — bring it!

**HOMEMADE ITEMS:** quilts or quilted items, crafts, paintings or other artwork, jams/jellies or dehydrated food are always welcome.

- Thermal blanket
- Music CDs
- Books of all kinds
- Coffee beans or tea in mug
- Bath items in basket
- Lantern
- Scrapbook materials
- Outdoor shirt
- Basket
- Stationery
- Gun case
- Fanny pack full of snacks

If you have an item to donate, please bring it to the registration area when you check in Friday.

All proceeds from the auction go to pay for costs of equipment, scholarships, food and lodging for volunteer instructors and a host of other expenses. Many thanks in advance for your generosity!
Beyond BOW events

CELEBRATE . CONNECT . INSPIRE .

The year 2020 marks the 100th anniversary of the Iowa state parks system. Iowa will host a yearlong celebration to commemorate the centennial with over 100 days of events, including special events, promotions, historical and cultural connections and much more! To learn more or find an event near you: https://www.iowadnr.gov/Places-to-Go/Parks-2020

**Beyond BOW at the Range, Olofson Shooting Range, Polk City, IA**

TBD, Beyond BOW - Trap and Skeet  
TBD, Beyond BOW - Rifles and Handguns

Ever wanted to try a pistol, rifle, or shotgun? Join us for a day at the range. The days will focus on teaching basic rifle, shotgun and pistol safety, shooting techniques and range etiquette. All firearms and ammunition will be provided. Once the shooting is done, the instructors will teach you how to take apart, clean and store the firearms.

**Beyond BOW/Wander Women Events**

TBD Spring 2020 - Hike, Forage, and Create - Des Moines, IA

Beyond BOW is excited to partner with Wander Woman in 2020! Wander Woman provides women with the opportunity to escape the daily grind and find deep connection with nature through their all-inclusive camping and hiking adventures throughout Iowa. This year we’ll be partnering on three different events throughout the Des Moines metro to show there are awesome opportunities in our urban backyard!

**Women’s Upland Bird Hunting Clinic, Pheasants Forever**

TBD Fall 2020

This clinic will begin on Saturday with four sessions led by some of Iowa’s most passionate female bird hunters. The sessions will provide instruction on everything from bird habitat, places to hunt, necessary gear, firearms, hunting methods, selecting and training bird dogs, and so much more. On Sunday, we’ll finish with breakfast followed by a morning bird hunt! Once the hunt is over, the instructors will assist you with field dressing and share some of their favorite recipes and uses of the harvest.